





8- Outlaws!!!

Brief Notes

Paving in February and March will be performed on the Hirase area of Main Base and will affect the parking areas and roads by Bldg. 80, the Harbor View Club, Shogun Cafe, the Navy Lodge and the Wisconsin Loop.

The loop passes in front of Bachelor Enlisted Housing (BEH) Bldg. 1604 and PW63. This area is reduced to one lane traffic from 8 a.m. to 4:30 p.m. each working day.

Please be attentive to directions given by flagmen and follow safe driving practices when driving through construction areas.

Contact ROICC at 252-3469 for more information regarding paving work

NMCRS Car Sale

March 18, 19 and 20 at the Branch Health Clinic parking lot. As many as 30 quality used vehicles with short term payment plans available.

University of Phoenix

The University of Phoenix Masters degree program begins April 27 with the Managerial Communication and Ethics course. Register now until April 27. Don't miss this opportunity! Contact Kim Arthur at 252-3044.

USO Notes

The USO will have temporary hours beginning March 1 - 20. The USO Coffee Shop will be closed Monday through Thursday and open Friday & Saturday from Noon - 8 p.m and Sunday from Noon - 6 p.m.

AIU will be open their regular hours, 10 a.m. - 5:45 p.m.

The USO will resume normal hours Monday, Mar 21.

Sasebo Stitching Group meets this Friday night at Nimitz Park. Bring your own project and a mug for free coffee!

USO is seeking a **volunteer translator** to assist with the English outreach to Gion Elementary School. Please contact Courtney at 090-8914-8378.

USO is sponsoring a **quilt project** to benefit the Women's History Month banquet. Please contact Elizabeth Baker at 252-3592 or DJ Stanhope at 090-3012-5867.

For info on these or any other **USO programs** or services call Bridgett at 252-3866.

DUI Counter:

82 days as of March. 10

Essex ARG prepares for journey home

JOC (SW/AW) Christina Johnson

USS Essex Public Affairs

Ships from USS Essex (LHD 2) Amphibious Ready Group (ARG), Essex, USS Harpers Ferry (LSD 49) and USS Juneau (LPD 10), began the backload of 31st Marine Expeditionary Unit (MEU) personnel following their five months of combat operations in Iraq, Feb. 27.

The Essex ARG, with the embarked 31st MEU, arrived in the Persian Gulf Sept. 9 in support of Operation Iraqi Freedom. The members of 31st MEU originally thought they were going into Kuwait for training and ended up staying for several months.

"Five months ago, we put 31st MEU ashore for what was supposed to be 30 days of training and operations," said Commander, Amphibious Squadron (PHIBRON) 11, Capt. Mark Donahue. "Now five months later, we are welcoming them back from extended combat operations."

Feb. 28, the initial group of 31st MEU personnel arrived on Essex via Landing

Craft, Utility (LCU) 1627. Once they left the well deck, the Marines and attached Navy hospital corpsmen were greeted in the ship's hangar bay with huge 'Welcome back 31st MEU' signs, a hot lunch and smiling Sailors. More than 900 Marines came home to Essex the first day of the backload.

"Pride was the feeling of the day," said Essex' Commanding Officer, Capt. Martin J. Keaney. "All over the ship, it was plain to see Iron Gators were excited and ready to welcome back their shipmates from the 31st MEU," said Keaney.

Please see **Essex,** Pg. 4



The Commander, Amphibious Squadron Eleven, Commodore left, greets the BLT 1/3 Commander, 31st Marine Expeditionary Unit (MEU), as he and other Marines and Sailors assigned to the 31st MEU return to the amphibious assault ship USS Essex (LHD 2). The 31st MEU is returning after conducting combat operations in Iraq. (Official U.S. Navy Photo by PHAN Nicholas C. Messina)

Guardian crew awarded the Battle "E"

Ens. Matt Rippee

USS Guardian (MCM 5) Public Affairs

Following the successful completion of the congressionally mandated Board of Inspection and Survey Assessment (INSURV), USS Guardian (MCM 5) was cited as Mine Countermeasures Squadron One (MCMRON1) Battle Efficiency Award winner for 2004.

The Battle "E" is the highest and most coveted award a ship's crew can obtain from their respective Fleet Commanders. It encourages excellence throughout the year in all facets of Naval training, maintenance and operations while focusing on day-to-day operations, inspection results, warfare exercises, training assessments and overall mission readiness. Annually, the top performers of

each ship class are measured up against one another in competition for the coveted "E" Cmdr. Delbert Yordy, operating in a fast paced, high-tempo, forward deployed opvironment helped Cuardian est the

According to Commanding Officer, Lt.



A view of the Battle "E" on the USS Guardian (MCM 5). Guardian was selected as Mine Countermeasures Squadron One (MCMRON1) winner for 2004. (Released by USS Guardian Public Affairs)

cmdr. Delbert Yordy, operating in a fast paced, high-tempo, forward deployed environment helped Guardian set the pace for other ships in the entire Mine Warfare (MIW) Fleet.

"This award is a testament to the every day devotion of the Guardian crew," said Yordy. "Their dedication to the Navy, the ship and to each other breeds this kind of success. These guys strive to do the right thing all of the time and this is a significant indication of their success, one that they can be proud to have earned."

Earning the Battle "E" is a difficult task, but maintaining and improving those standards is now Guardian's focus for 2005.

Guardian is a mine countermeasures class ship forward deployed to Sasebo, Japan.

Our commitment to unwavering professionalism

Lt. Gen. Bruce A. Wright

Commander, USFJ, 5 AF

An unwavering commitment to the highest levels of professionalism will always be the foundation of what we do, and more important, who we are.

It is a privilege and honor to return to Japan, and I appreciate the warm welcome that you have given me and my family. We are looking forward to this assignment and the many opportunities it offers to develop and improve the Japan-U.S. security relationship.

Moreover, we are looking forward to meeting and working with each of you, the members and supporters of our command.

This is my fourth assignment in Japan, and it is clear that our mission in support of the defense of Japan and peace and stability in the Asia-Pacific region is a mission that requires the consistent and combined efforts of all U.S. forces in Japan, working together toward a common mission. Our mission success hinges on how effectively we can jointly and seamlessly interoperate, with each

other, and with our Japanese military counterparts.

Those who attended my change of command ceremony heard me speak briefly on the subject of professionalism. It is useful for all of us that I offer a few more insights into my command philosophy – that is, how I intend to lead our command, and most important, what I expect from those of you who are assigned to or support our command. My command philosophy boils down to two

Please see Lt. Gen., Pg. 3

Know when to be a hero, and when to just be smart

FLTCM(AW/SW) Jon R. Thompson

Atlantic Fleet Master Chief

Did you hear about the Sailor who, when approached by an armed robber, managed to wrestle the weapon away and walk away from the incident unharmed? You didn't? Neither did I. I suspect it almost never happens. Unfortunately, I continue to hear about Sailors who try to take matters into their own hands. I'm not sure what goes through a Sailor's head during the opening moments of a robbery or attack, but the one thing that should not be at the forefront is being a hero.

Recently there have been a couple clear examples that make me want to talk with you about your safety and what you should do in the event you are robbed or attacked. Prevention is of course the best course of action, but sometimes a situation is thrust upon you. What you do in the first seconds and minutes will probably dictate whether you walk away, or not.

CAPT. MICHAEL L. JAMES

COMMANDER
FLEET ACTIVITIES SASEBO
252-3444

CMDR. BERNARD P. WANG

CHIEF STAFF OFFICER
FLEET ACTIVITIES SASEBO
252-3444

CHARLES T. HOWARD

CFAS Public Affairs Officer 252-3029 charles.t.howard@sasebo.navy.mil

JO1(SW) Ron Inman

EDITOR, SASEBO SOUNDINGS 252-3485 ronald.inman@sasebo.navy.mil

JOSN JEFF JOHNSTONE

Staff Writer/editorial assistant 252-3409

LARA DEGUZMAN

STAFF WRITER

CTF 76 PUBLIC AFFAIRS
LT. ED SISK
JO2 JAMES KIMBER
252-2810

FLEET IMAGING
PH1 (SW) PAUL PHELPS
PH3(AW) YESENIA ROSAS
PHAN MARVIN E. THOMPSON, JR.

The Sasebo Soundings is a weekly publication of Fleet Activities, Sasebo, Japan. It is published according to the rules and regulations for station newspapers and under the direction of the Public Affairs Officer.

Opinions expressed herein are not necessarily those of the command, the Department of the Navy or the Department of Defense.

The appearance of advertising in this newspaper does not constitute endorsement by the Department of the Navy or CFAS or the publisher of the products and services advertised.

This paper is funded by appropriated funds. The distribution of 2,000 copies is printed by Minato Printing Co., Ltd., Sasebo City, Japan.

All items for submission must be brought into the Sasebo Soundings office in PW 80 or sent by guardmail or MPS, or emailed to soundings@sasebo.navy.mil. The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings PSC 476 Box 93 FPO AP 96322-1100 Listen to the next couple examples: "After shot was fired service member lunged at the suspect with the gun." Here's another one: "While service member was driving, suspect called another person in the car behind them. The robber put the gun in his lap and the service member grabbed the gun. A scuffle ensued and the service member pulled the emergency brake. Both got out of the vehicle still fighting for the gun. The associates from the other vehicle came and helped the robber." Fortunately, the service member was not shot.

Shipmates, there's just no way to predict if and when any of us will ever end up in a situation where our health or life is threatened. However, there are some simple things we should all know and do that could mean the difference between us walking away or having to be carried away.

First and foremost, try to avoid putting yourself in danger. Only go to well-lit businesses at night; don't park on secluded streets; if you're going out on the town, try to do so with friends —

there's strength in numbers; and keep your car doors locked when you're driving. This list goes on and on, and I suspect you know a lot of this. But, do you know what you should do if indeed you are attacked?

Most sage advice begins with, "obey the robber's orders." I'm told robbers seldom hurt people who cooperate with them. Whatever is in your wallet is worth less than your life. Right up front, it's a good idea to let the robber know you're going to comply with his or her wishes.

Next, try to memorize a good description of the assailant. The police will have an easier time finding the person if you can remember what he or she looked like and what he or she was wearing. Also look to see if they are in a car and get the license plate number if possible.

Don't fight the robber. Do not resist, the money or your car isn't worth it. Trying to attack an armed robber is foolhardy, not heroic. If a robber has a weapon, the assumption should be he or she is willing and able to use it. Don't try to second-guess the thoughts of a person who has

the intent and means to harm you.

If you have a weapon nearby, do not use it. It's probably not surprising self-defense weapons are sometimes used by assailants to harm their victims.

If you have a weapon nearby, do not use it. It's probably not surprising self-defense weapons are sometimes used by assailants to harm their victims.

Don't chase or follow a robber. To chase a robber is to invite violence. You should get out of the area as soon as possible and report the crime.

Call the police. This is critical. If you are robbed, harmed, raped, assaulted, etc. you need to inform the authorities. You should call 911 before you call your command, your family, or your friends.

Life is precious. Gambling with your life because you want to save the money in your wallet doesn't seem logical.

Shipmates, be careful out there. Our Navy in itself can be a hazardous place to work. At sea or in the desert if the situation calls for you to be heroic – that's one thing; risking your life over the contents of your wallet is totally different. Know when to be a hero!

Mayor of Niigata says thank you for CFAS earthquake donations

CFAS Public Affairs

Commander, Fleet Activities Sasebo Capt. Micheal L. James recently received a letter from Niigata Mayor, Akira Shinoda for Fleet Activities Sasebo's (CFAS) earthquake releif donations totaling \$4,505.92. The earthquake donation drive was coordinated by CFAS Religious Ministries.

From: Mayor Akira Shinoda
Mayor of Niigata

To: Captain Michael L. James
Commander,
Fleet Activities Sasebo

Dear Captain James,

Please accept my best wishes for your continued good health on these winter days.

I would like to express my sincere appreciation for your warm-hearted donations which are greatly contributed to the rehabilitation/reconstruction work by the earthquake victims.

As you might already know, we had the heaviest snowfall in 19 years and caused snowslide and damaged many houses. Although many of the Niigata citizens are still not living their lives in a relieved, the good and faithful intentions from many people all over Japan provided a great psychological boost to their rehabilitation/reconstruction.

The City of Niigata will keep sending our staff to the afflicted area and providing relief supplies for the calm life for the victims.

Very respectfully.

存物

春時の報、生十ますご清楽のことお客び申し上げます。

まて、先日貢鑑いたしました新潟県中島大賞美に対する最かの対気持ちに対しまして、何く材料を申し上げますとともに、いただいた異志が接入された方々の復回・資偶に大いに役立てられておりますことをご販告いたします。
ご承知のとおり、被別地では19年ぶりの大型に見離われ、関係事故や家園被害などが発生しており、多くのカボ永光安心して生活できない状況となっていますが、最为確全はじめとした会間から寄せられた需要の対気持ちが復興にわけて大きな場合となっています。

本市としても、被別地の方々が一関も早く平穏に暮らせますよう応援職員の実施をはじめ、蒸災住民の受入れ、新賀の提供など今後も支援を続けてまいります。

とりあえず、番面をもってお礼を申し上げます。

他具

平成17年2月25日

未将写社は作品を明令官 権

CFAS schedule of worship services for Easter Holy Week

Protestant

Palm Sunday Services

Sunday, March 20, 9:30 a.m., Hario Village Chapel Sunday, March 20, 11 a.m. Main Base Chapel (Special Drama Presentation)

Maundy Thursday Service (Seder Meal) Thursday, March 24, 6 p.m., Hario Village Chapel

Good Friday Service

Friday, March 25, 7 p.m., Hario Village Chapel

Community Easter Sunrise Service Sunday, March 27, 7:30 a.m. at Mount Yumihari. Bus departs Hario Chapel at 6:30 a.m. Bus departs Main Base Chapel at 7 a.m.

Easter Sunday Services (Special Easter Cantata ~ both services)

Sunday, March 27, 9 a.m., Hario Village Chapel

Sunday, March 27, 11 a.m., Main Base Chapel

Roman Catholic

Mass of Palm Sunday

Saturday, March 19, 5 p.m., Hario Village Chapel

Sunday, March 20, 9 a.m. Main Base

Chapel

Holy Thursday Mass

Thursday, March 24, 6:30 a.m., Main Base Chapel

Good Friday Liturgy

Friday, March 25, 5:30 p.m. Hario Village Chapel

Holy Saturday Mass

Saturday, March 26, 5:30 p.m., Main Base Chapel

Easter Sunday Mass

Sunday, March 27, 9 a.m., Main Base Chapel

Blue-green siblings reunited aboard Harpers Ferry

JO2 Brian P. Biller

USS Harpers Ferry (LSD 49) Public Affairs

Boatswain's Mate Third Class Rose M. Barbour, from Spokane, Wash, was reunited on board Harpers Ferry March 3 with her brother, 31st Marine Expeditionary Unit (MEU) LAR Company 1/3 (BLT) Lance Cpl. Jason C. Bell. Embarked on USS Essex (LHD 2), Bell visited with his sister for the first time since he was injured in Operation Iraqi Freedom.

Harpers Ferry and Essex, part of the Essex Amphibious Ready Group (ARG) based out of Sasebo, Japan have been backloading elements of the 31st MEU for the trip home to Okinawa.

"It really hasn't hit me yet, I just can't believe he's here, on my ship," an excited Barbour said.

"My first sergeant called me into his office and asked me if I had a sister in the Navy...and if she was on the Harpers Ferry...and if I wanted to see her," said Bell.

After a short boat ride from Essex to Harpers Ferry in the waters off Kuwait, the siblings were reunited.

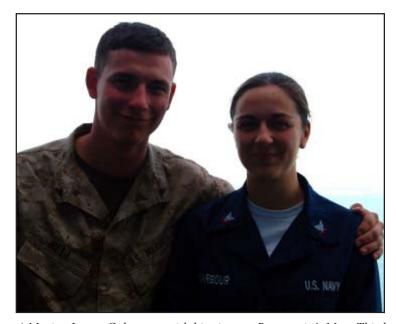
Barbour said that they were able to see each other for two days in late Aug. 2004 in Okinawa just before both of their units deployed. Prior to that meeting, they hadn't been together since they were both home over Christmas Holidays in 2003.

"I was worried because I had no idea what the shrapnel looked like in his face," said Barbour.

In Nov. 2004, shrapnel from a grenade injured LCpl. Bell during a house raid in Fallujah, Iraq. Luckily, the injury now only shows itself as a slight scar above Bell's right eye, with just a small shrapnel fragment still remaining in his cheek.

In another separate incident Dec. 31, 2004, earned

Bell the Purple Heart when his Light Armored Vehicle (LAV-25) was struck by either an anti-tank mine, or an Improvised Explosive Device (IED), killing the driver and



A Marine Lance Cpl. poses with his sister, a Boatswain's Mate Third Class on the USS Harpers Ferry (LSD 49). The two siblings were reunited for the first time since Bell was injured during Operation Iraqi Freedom. (Official U.S. Navy Photo by JO2 Brian Biller)

injuring Bell and the other LAV crewmembers.

"When I woke up, I woke up on the floor and everybody else was still unconscious and not really moving yet, so I thought everybody was gone except for me," Bell said.

"I heard more about the incidents from my Mom than from him." said Barbour.

Getting information second and third hand, she wasn't

sure what to expect when she would meet her brother again. Bell said he was unable to send word to anyone until after his company departed Fallujah, and things had calmed down.

"It's just crazy that we're out here at the same time," Barbour said.

Barbour said it was tough knowing that her brother was on a nearby ship that she could see from hers, but could not routinely visit at

"So close, but yet so far away," added Barbour.

The two siblings spent the day catching up, and watching a video their mother had sent Barbour, but that Bell had not yet seen. It has been a great opportunity for the sister and brother team to compare their war experiences. It won't stop with the reunion onboard USS Harpers Ferry, either. The two are planning to take post deployment leave at the same time, if military schedules permit.

"I think it's great that the Blue-Green Team was able to get these family members together," said Harpers Ferry Commanding Officer, Cmdr. Humberto L. Quintanilla II. "He's

been through a lot and, naturally, she was concerned for his well being."

Harpers Ferry and the 31st MEU have been on station in the North Arabina Gulf and Iraq respectively since September 2004, in support of Operation Iraqi Freedom

Lt. Gen., From Pg. 1

words: unwavering professionalism.

To put my beliefs in context: each of our uniformed services has core values. Collectively, these values include such characteristics as integrity, service, excellence, honor, courage, commitment, loyalty, duty and respect. These values are founded on what the majority of us believe and can be further boiled down to two main principles that support the concept of unwavering professionalism: moral commitment and technical proficiency.

When I say moral commitment, I am talking about consistently doing the right thing, both in terms of what society expects of us, as well as what we should expect of ourselves when we look in the

When we joined the military services, we all swore an oath to support and defend the Constitution of the United States. In making that oath, we affirmed and committed ourselves to defending a way of life and a set of beliefs - because our Constitution not only defines our system of government, but also our national character as a free and democratic society whose citizens enjoy a wide array of rights, privileges and responsibilities thanks in large part to the protection that we provide to our nation and its interests at home and abroad.

So the commitment we continue to make as defenders of the Constitution is a lasting one: it is an obligation that we must meet 24/7, on or off duty, on and off our installations, in our professional and private lives. And it requires us to be consistently committed to upholding the highest principles of our profession of arms, and remaining loyal to these principles, even when they may seem unpopular or inconvenient.

That's moral commitment. If you see a relation between moral commitment and leadership, it's no coincidence.

Technical proficiency is even easier to understand, and, again, it applies to how the majority of us operates. It's about making a commitment to being the most competent individual you can be - both in your professional and personal conduct - and it's about taking that competency and applying it to helping others within the command reach our common objectives. Most important, however, unwavering professionalism means taking these two principles - moral commitment and technical proficiency - and making them an integral part of our daily lives, and then regularly demonstrating it in leading by example every day, all the time, no matter who may or may not be around to see us. After more than 30 years of serving in the armed forces, I am convinced that we will succeed beyond our highest expectations if each and every one of us adopts a commitment to these two principles of unwavering professionalism.

If some of this is new to you, that's okay. You now know about your new commander's "code of conduct" for U.S. Forces, Japan. We can accept no less from ourselves or our counterparts in the profession of arms. There is absolutely no doubt almost every single member of U.S. Forces, Japan, understands and lives by the standards I have described. For the very few who choose a different path, I will not abide standards that our force can not and will not accept. Those who cannot find the self-discipline to maintain the standards of our profession will not be tolerated within our ranks.

Thank you for your unwavering professionalism. The Nation we serve, the Allies we team with, and the tremendous responsibilities we are given to guarantee the credible combat capability of the U.S.-Japan Security Alliance demand no less.

Woman's History Month: Famous quotes trivia

Lt. Maribel Mercado

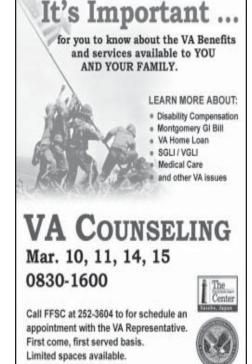
Staff Judge Advocate

Do you know who said these famous quotes? Answers are on page 6.

- 1. "The history of all times and of today especially, teaches that...women will be forgotten if they forget to think about themselves.'
- 2. "If you want anything said, ask a man. If you want anything done, ask a woman."
- **3.** "The liberated woman is not that model doll who wears make-up and tasteless clothes....The liberated

woman is a person who believes that she is as human as a man. The liberated woman does not insist on her freedom as to abuse it.

- 4. "I know I have the body but of a weak and feeble woman; but I have the heart and stomach of a king, and of a king of England too.'
- 5. "People are just not very ambitious for women still. Your son you want to be the best he can be. Your daughter you want to be happy."
- **6.** "Nothing in life is to be feared. It is only to be understood."
- 7. "No one can make you inferior without your consent."





Juneau visits East Africa, seeks to strengthen relations

Ensign Jesus Rodriguez

USS Juneau (LPD 10) Public Affairs

USS Juneau (LPD 10) visited Massawa, Eritrea, February 17-19, in an effort to strengthen relations between the United States and the east African country that borders the Red Sea.

While anchored less than a mile from the city, Juneau hosted tours, a luncheon and a barbeque dinner for the U.S. Ambassador to Eritrea, the Honorable Scott DeLisi; the Eritrean Secretary General, Ministry of Defense; and several other members of the embassy staff and the Eritrean military. Juneau's call on Massawa marks only the third visit by a U.S. warship to the city since 1997.

Eritrean radio and television aired positive coverage

of Juneau's visit, quoting in their stories comments from the Eritrean Navy's Chief of Staff, who shared his belief Juneau's visit would promote relations between the two countries' naval forces.

In welcoming his distinguished visitors aboard, Capt. Ron Horton, Juneau commanding officer, said, "This is great day for America, this is a great day for Eritrea, and this is a great day for Juneau. We have enjoyed the Eritrean hospitality that made this a great port visit."

Horton also thanked the U.S. Ambassador for representing the United States in Eritrea.

That night, following a steak barbeque on the flight deck that coincided with Juneau's "Family Reunion"-themed celebration of African American History Month,

Horton thanked Brig. Gen. Fitsum Ghebrehiwet, Eritrean Navy Chief of Staff, for his hospitality and presented him a gift of authentic Japanese sake.

Ambassador DeLisi then congratulated the crew on their successful visit and even poked a little fun at the results of that afternoon's Juneau-Eritrean Navy soccer

"Although IJuneau has been here only 24 hours, IJuneau made great impact. From the 400 mangrove trees that you planted, to the library that you painted and the soccer game that you played fiercely before being defeated



A Machinist's Mate Third Class (background) and a fellow Sailor help a Massaw local plant mangrove trees during a recent community relations trip. Juneau also hosted tours for the U.S. Ambassador to Eritrea, Eritrea's Secretary General, Ministry of Defense, and other members of the embassy staff. (Released by Juneau Public Affairs)

with a score of 8-1, we are very proud of you and we want to see you back soon."

Part of the forward-deployed Essex Amphibious Ready Group forward-deployed to Sasebo, Japan, Juneau is currently assigned to Task Force 50, operating in the Arabian Gulf with multinational forces in support of the sovereign government of Iraq.

during their visit to Massawa, Eritrea. (Released by Juneau Public Affairs) before

CFAS to participate in disaster training in March

Several USS Juneau (LPD 10) Sailors, including this Aviation Support Equipment Technician

Third Class (left) and an Aviation Boatswain's Mate Fuels (SW) were among several Juneau

Sailors that volunteered in a community relations project and planted 400 mangrove trees

CFAS Public Affairs

Scheduled disaster preparedness drills at Fleet Activities Sasebo on Monday, March 14, will cause some disruption of routine on this date.

Tategami Gate will be closed from 9:30 to 10:30 a.m. to conduct a medical casualty drill near the gate.

Emergency vehicles will respond with lights and security personnel will set a perimeter.

Branch Medical Clinic personnel will conduct a triage

drill on simulated victims, treating them and transporting them back to the clinic.

Expect traffic delays during this drill. The FISC gate will be open for vehicular traffic while Tategami Gate is closed.

Base residents are asked for their patience while these important training evolutions are underway.

Their ultimate goal is to better protect and assist during a contingency.

Policing the action...



A Master-at-Arms Seaman checks an identification card (ID) before allowing a driver entry to the base. Farmer, attached to Fleet Activities Security Department, stands guard, checks ID, and performs random security measures, depending on the force protection condition of the base. (Official U.S. Navy Photo by PH3(AW) Yesenia Rosas)

Essex, from page 1...

"In my nearly 25 years of active duty, this is one of the most memorable days I have ever experienced," Keaney added.

Unfortunately, all members of 31st MEU did not return to the ARG. Forty-eight Marines and two Navy hospital corpsmen lost their lives during combat operations.

During the last two months, Essex redeployed from the Persian Gulf to join the fourth ship of Amphibious Squadron 11, USS Fort McHenry (LSD 43), in moving nearly 6 million pounds of relief supplies within Sumatra in support of Operation Unified Assistance.

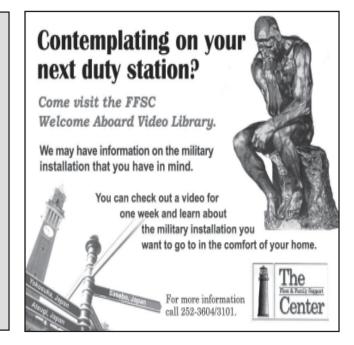
The ability of all four ships of the squadron to be ready and respond quickly to a short notice deployment to the Gulf or for humanitarian relief efforts showcases the surge capabilities of Forward Deployed Naval Forces (FDNF).

"In August, Essex ARG and 31st MEU deployed to the 5th Fleet area of responsibility on five days' notice," explained Donahue.

"In the succeeding six and a half months, the MEU conducted extended combat operations ashore while the Essex, Harpers Ferry and Juneau provided crucial contributions to maritime efforts in support of Operation Iraqi Freedom, and Essex and Fort McHenry provided support for Operation

Unified Assistance the past two months," Donahue said. "The timely response and constant readiness of the FDNF made all this possible."

Once the backload is complete, Essex, Harpers Ferry and Juneau will transit back to 7th Fleet and ultimately back home to Sasebo, Japan, completing a successful eight-month deployment.







St. Patrick's Story Time at Library

Children are welcome to visit the Library on Saturday, March 12 from 2 to 3 p.m. for a special free St. Patrick's Story Time event. Children will be treated to snacks and drinks while they learn how to create their very own special Irish gift. For more information, call 252-3593.

Ryumon Valley Hiking/Fishing Trip

Experience the great outdoors on this outstanding hiking and fishing trip through Ryumon Valley with a seasoned member of the Sailing & Outdoor Adventure Center staff. The next scheduled Ryumon Valley Hiking/Fishing Trip is Sunday, March 13 from 10 a.m. to 3 p.m. Cost is only \$12 per person. For more information, call 252-3500.

St. Patrick's Day Fun Run

The Fleet Fitness Center will conduct a free St. Patrick's Day 5K Fun Run on Thursday, March 17. The race will begin at 11:30 a.m. in front of the USO office at Nimitz Park. Awards will be presented to the top finishers in male and female divisions. Be sure to wear something green. For more information, call 252-3588.

Japanese/American Golf Tournament

Golfers have until Tuesday, March 15 to register for the St. Patrick's Day Japanese/American Golf Tournament scheduled for Saturday, March 19 at the Tsukumo Golf Course. A \$5 registration fee is required at the time of registration. Golfers are encouraged to register as early as possible to guarantee a spot in the two-person alternate shot tournament. For more information, call 252-3588.

Space World Amusement Park Trip

Sign up today for a trip to the Space World Amusement Park in Kitakyushu City, Fukuoka on Sunday, March 20. Space World is a great theme park totally focused on space. They have a wide variety of exciting rides for you to enjoy, from roller coasters to running the rapids, plus a great area for the little ones called 'Lucky Land' with costumed characters from Space World waiting to greet them. The cost (including transportation and a one-day pass) is only \$30 for adults, \$20 for children 4-11 and \$5 for youngsters 3 and under. For more information, call 252-3433.

St. Patrick's Celebration & Irish Buffet

Celebrate St. Patrick's Day with Guinness & beef Irish stew, corned beef & cabbage, Sheppard's pie and other dining delights at the Harbor View Club St. Patrick's buffet on Sunday, March 20 at 5 p.m. The regular menu will also be available. Live music by Innisfree is scheduled to begin at 7 p.m. Cost of the buffet dinner and show is only \$10.95 per person. For more information, call 252-

Kyoto City Four-Day Getaway Tour

Travel & Tours has scheduled an 'Adults Only Special' Kyoto City Four-Day Getaway Tour Wednesday through Saturday, March 23-26. Cost is \$100 per person, including transportation and all entrance fees (hotel and meals are **not** included). You'll stay at a Holiday Inn hotel for three nights and over the next few days you'll visit the Golden Pavilion (Kinkaku Ji Temple), Nijo Castle, the Heian Shrine, Kiyomizu Temple, To-ji Temple, Sanjyusangen-do Temple, the Tenryuji Temple, Jojakkoji Temple, Sagano Bamboo Grove, Togetsu Bridge and many other exciting places in the area. Be sure to bring yen and dress for the weather. Holiday Inn accepts major credit cards. For more information, call 252-3433.

Spring Softball League Registration

All members interested in participating in the Open Roster Spring Softball League are reminded that they must register their team on or before Wednesday, March 23 at the Fleet Fitness Center office. League play is scheduled to begin on Monday, March 28. A mandatory coaches meeting will be held on Thursday, March 24 at the Fleet Fitness Center. A \$200 forfeit deposit is required at the time of registration. For more information, call 252-3588.

Living in Japan: Are Americans really shallow?

Twenty five years ago, when I was a Senior Chief with Human Resource Management Det Yokosuka, I was responsible for the Intercultural Relations Branch, providing ICR and cultural training to Yokosuka's Navy community. We had a working relationship with a group of local college students who belonged to a club called, Kanagawa Student Guide Federation, or KSGF. To qualify for KSGF the students all had to be members of the English Speaking Society, or ESS, meaning they had advanced skills in communicating in English.

KSGF students would stand outside of Kamakura Train Station, approaching all foreigners with an offer of free guide services of the many shrines and temples of the city. This was a win-win situation, as the tourists got a thorough and personalized tour, while the guides got an opportunity to hone their English speaking skills.

I would invite groups of four or five guides to the base every so often to eat lunch with our ICR class. One such day, I walked into the room to find two hefty Sailors

in hot debate with a visibly cringing young Japanese man. When I asked what the problem was, one of them said, "He called Americans shallow, and I don't like it!"

Taking the young Japanese aside, I asked what he had been trying to convey, assuming he had mis-used the word 'shallow' in his conversation. He responded: Americans KSGF guides would pick up at the station would be led to a shrine and have the history of it explained to them; then they would go to a temple, or another shrine,



Jerry Havens
Supervisory Programs
Manager
Fleet & Family Support
Center

repeating the process. There are many temples and shrines in Kamakura, each with a unique history and purpose or deity of worship.

After visiting only two or three such locations, Americans will have shot a number of rolls of film of these similar appearing edifices. As the guide explained what the next temple or shrine was they were going to visit, the Americans would stop them and say they'd seen enough of these things, what else was there to see? Many times they would go so far as to ask if there was any amusement area or large shopping mall in Kamakura they could visit. The frustrated young man looked up the Japanese word for people with this proclivity and found it translated to the English word, 'shallow.'

Briefly thinking, given the circumstances described, I couldn't argue with the appropriateness of the word, but I did advise him to refrain from using it when speaking with an American. In doing this I added another phrase to his growing English vocabulary — "thin-skinned."







Darby observes Dr. Seuss with week-long celebration

Chris Boyd

Darby Elementary Correspondent

Feb. 28, through Friday, March 4 marked a weeklong celebration at Darby Elementary of Dr. Seuss and his works. Each day of the week, Darby had special activities in honor of the books Dr. Seuss wrote.

Monday started with a door-decorating contest based on a Dr. Seuss theme. The decorations were composed of teacher and student work. Everyone was able to pitch in and add their own special touches to honor their favorite stories.

Later that day, doors were judged by members of the faculty. Mr. Greg Basgall's third grade class tied with Mrs. Martin, Ms. Short and Ms. Wolford's kindergarten classes as winners for that particular contest.

Tuesday was Hat Day with students wearing wacky hats to go along with The Cat in the Hat and The 500 Hats of Bartholomew Cubbins.

Students showed up in a wide variety of headgear, simply thrilled that they could actually wear hats in the building. Some students even sported more that one hat.

Wednesday was the largest event for

the week. In the afternoon groups composed of students from grades kindergarten through sixth grade were able to rotate to different classrooms in which they completed different activities. While some students played with Oobleck, other students recreated the five hundred hats of Bartholomew Cubbins.

The focus of all activities was Dr. Seuss and many teachers read a Dr. Seuss book that went along with their activities.

Perhaps the students' favorite part was their stop in the cafeteria. In the cafeteria, they listened to Mr. Mueller, Darby Elementary school prinicipal read before going to the tables and eating cupcakes prepared in honor of Dr. Seuss's birthday.

Later groups were granted an even more special treat as Commander, Fleet Activities Sasebo Capt. Michael L.James and Command Master Chief (SS) Bill Lowmon arrived to read to the students. James and



Darby Elementary School students listen intently to stories in the school cafeteria, Friday, March 4. The school held a 'read in' day, part of a week celebrating Dr. Seuss's birthday. (Released by CFAS Public Affairs).

Lowmon took turns reading the book "Horton Hatches an Egg" to students and both men gave enthusiastic readings of their part of the story.

James and Lowmon then joined the students in eating cupcakes and voting for their favorite Dr. Seuss books.

Thursday was Foot Day and students wore goofy footwear to go along with The Foot Book.

Finally, Darby Elementary wrapped up the week with Friday being "Read In Day." The entire day was devoted to reading and some teacher even allowed students to come to school in their pajamas so that they could relax and read

Other teachers asked guest readers to visit their classes to help their children have a good time with books.

Woman's History Trivia

Answers, from page 3

- 1. Louise Otto, German feminist, novelist who wrote about class prejudice. In the 1848 revolution she demanded full equality for women including the vote.
- 2. Margaret Thatcher, first woman Prime Minister of the United Kingdom.
- 3. Ghada Samman, Syrian
- writer. 4. Elizabeth I, Queen of England.
- 5. Dr. Alexa Canady, at age 30 Canady was the first African-American woman neurosurgeon in the U.S.
- 6. Marie Curie, winner of the Nobel Prize for chemistry for determining the atomic weight of
- 7. Eleanor Roosevelt, First Lady of the United States.

Look for more Women's History Month trivia questions in next week's edition of Soundings.

E.J. King 'breaks a leg' at Far East Drama Festival

Lara Deguzman

CFAS Public Affairs

The E.J. King Drama Troupe successfully 'broke their legs' this year at the Speech and Drama Far East Festival held recently at Kubasaki High School in Okinawa.

The week began with individual performance categories ranging from Poem Interpretation to Duo Acting. The students learned to appreciate the art of acting as well watching other schools' perform their ensembles, one-acts and Readers' Theatre in the main theater.

E.J. King's thespians did their own oneact play, "The Frog Prince," written by Edith Weiss and adapted by E.J. King junior, Aileen Seelbach.

"Even though we didn't get a medal for our One-Act play, I think it was the only category I really enjoyed performing, said senior, Sean Alt, who played the frog prince in the play. The entire cast received a silver medal for their readers' theatre titled, "George or Not."

"Our readers' theatre was in the traditional style, which could have been a good thing, since we placed silver. But I think next year, I want to turn it up a bit and get gold," said junior, Gieselle Sarmiento. Another favorite category that many of the performers participated in was "storytelling," in which King thespians performed in an elementary school where they were judged for clarity, enthusiasm and accuracy.

"I wasn't nervous at all; the kindergarteners loved our stories. They were a great crowd. I wish I did all my performances in the elementary school, said Candiss Deago.

Deago, a sophomore and first time to be part of the E.J. King drama troupe.

It was high school drama teacher Pat Laurenzi's last year to coach for the Far East competition due to her retirement from E.J. King.

"It was the ultimate performance out of the four years that I coached with the Far East performers. I will truly miss them and their stage presence," she said.

Safety Corner: Tips on heavy lifting, protecting your back

Charles Carr

CFAS Safety Department

Your back is a more complicated part of your body than you might think. It is made up of individual bones, called vertebrae, which must be properly aligned in order for you to move freely and without pain. In between the vertebrae are discs that cushion and protect your back from shocks and bumps and prevent the vertebrae from touching each other. It takes the

muscles of your back, stomach and legs working together to maintain good spinal alignment.

Posture

The way you stand, sit and even sleep can have a big effect on your back. Wear supportive shoes when standing for extended periods and if possible, stand on an anti-fatigue mat. Propping one foot up on a bar or footrest reduces the total strain that standing puts on your back. If you sleep in a curled posture you may be placing strain on your neck or back muscles. When you sit down, remember that staying in one position for too long can lead to back strain. Standing and moving around K. Keep feet flat. will help loosen up cold muscles. When seated, sit with Following these simple rules will help you avoid back your feet planted firmly on the floor. This helps to keep your back in an upright position.

Movement

Lifting, turning, pushing and pulling can have devastating effects on back health if not done properly. One incorrect lift can do an immense amount of damage. Some workers may feel that after years of lifting without injury they don't need to change their habits or learn new "rules." Unfortunately, one bad lift can change their mind, but by then it will be too late. Use the letters B. A. C. K. to remember general, common sense rules for

B. Bow your back in. This requires support from your abdominal muscles.

A. Align vertebrae. Find your back's "neutral" position and then use your muscles to hold it.

C. Chin up. Keeping your chin up helps you hold your good back alignment.

injuries. Most importantly, follow the tried and true adage: lift with the legs and not with the back. The muscles in your legs are bigger, stronger and much better prepared to take a load than those in your back. Leg strains also heal more quickly and easily than back injuries. When turning with a load, always turn with your feet. Taking a step may seem like adding wasted movement to your task, but it will remove a great deal of strain from your back. Twisting the back is especially dangerous when holding a heavy load. The movement can easily lead to pulled back muscles and vertebrae pulled out of alignment.

Exercise

Exercise is crucial for a healthy back. Before any activity that requires back muscles, warm those muscles up and always warm up slowly. Exercises that strengthen the back, leg and stomach muscles increase your ability to protect your back during lifting. Follow every workout with a cool-down period.

CLASSIFIEDS

VEHICLES

(Exp. March 17) **1990 Mazda Miata Eunos Roadster.** Silver w/black soft top interior, 102,000 km. A/C, Radio/CD stereo, rollbar. Everything works. Looks/runs good. Sporty, fun car, \$2,000. Call 090-9580-6322 or 080-6501-4243.

(Exp. March 17) **1995 Honda Odyssey**, asking \$3,600. Seats 7. New JCl and brakes. Includes color DVD player, CD, and extra brakes for future use. Runs perfect. Call 252-8202.

(Exp. March 17) **1990 Toyota Camry**, asking \$1,300 obo. 4 door,auto 6 cycle. JCl '06. Very dependable car. Call 252-8195.

(Exp. March 24) **1995 Honda Civic**, JCl 06, Radio and 6 disk CD player, asking \$2,700. Call 080 3223 0679 or 252-8478.

(Exp. March 24) **1999 Mitsubishi RVR**, JCI 06, excellent condition, asking \$3,500. Call 080 3428 9754 or 252-8228.

(Exp. March 24) **1999 Toyota Duet**, JCI Nov, 05, asking \$4,400. Also selling **1988 Toyota Van**, diesel, JCI 06, asking \$2,800.

(Exp. March 31) **1992 Suzuki High Cube Micro Van**. JCl' 05. Great running van, seats 5. Yellow plate, very good gas mileage. \$600. Call 090-9477-8875 after 3 p.m. or anytime on weekends.

MISCELLANEOUS

(Exp. March 17) Moving Sale. Almost anything in home for sale Call 252-8202 for list or to make viewing appointment.

(Exp. March 24) Carpets, brown fleck 12' x 9', \$60. Blue and cream with 6' x 9' border, \$50. Call 2527186.

(Exp. March 24) Ashley couch and loveseat set, two years old, dark blue. In great condition, asking \$350. Call 080 3428 9754 or 352 9296.

(Exp. March 31) Phone rights for sale, \$275. Call 252-7416.

Home BusinesS

IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

English teacher for all ages. Holds a Bachelor's degree, trained in tutoring English. Flexible hours. Please call Rebecca at 090 3736

530

English lessons offered. Can give in my home or yours. Very flexible. Call 080 3432 6967

New English instructor in Sasebo. Holds Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call nowl 080 3223 9162 or 252-8555. Pampered Chef Consultant. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime at 080 5201 7164 or ext. 7302.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese.No monies exchanged. reace-sasebo.ac.jp> or 31-2863. Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels. For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email rinasilverman@hotmail.com or call 080 5211 0174 to set up a lesson.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

Pacific Pixels Studio has gone digital! \$75 includes a photo session of up to 150 pictures, a CD of all photos taken and 1, 8x10 portrait. From casual and glamour to kimono. Film photo sessions start at \$35 for 24 pictures. Call for an appointment for a professional and personable experience at an affordable price. 252-7158 or 090 4515 7655 or e-mail <shirleypix@yahoo.com>.

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at www.mdphotography.net>.

Photography by Ferna is dedicated to offering a unique look to your next portrait. Call us at 090-5731-5744 or visit us at www.photographybyferna.com>. Authorized after hours AmeriCable Salesman/Installer. Base housing, BEH and BOH. Call

080 5246 2643 or 0956 24-5260 for price quotes. Free Installation. Ask for Jonathan Beaston, authorized AmeriCable contractor. Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. We are located in Bldg PW-47 on the first floor, or call us at 252-3890.

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G at 252-8454.

Will pay cash for your old gold and silver jewelry, ingots silver or gold coins, sterling cutlery, cups and plates. Willing to pay best possible prices based on current international gold and silver value indexes. Contact Dr. David Holmes-Smith to set a time to meet and weigh out the items you would like to sell. There is no obligation to sell after quote has been given. Call 090 9477 8875 before 7:45 a.m. and after 3 p.m. Monday through Friday and anytime on weekends.

Pampered Chef Consultant. My name is Florence Franks and I am a consultant in your area. Book your show today and recieve a gift for hosting your show, 10 percent discount card good for one year, bonus points for free products and more! New Spring/Summer catalog avaliable. Call me anytime 080 5201 7164 or 252-7302.

University of Phoenix

Get your Masters of Management with the University of Phoenix. If you are dedicated, have the enthusiasm to reach career and education goals and a drive to better your future, contact the University of Phoenix. Must have BA/BS and the desire to know more. Contact Kim Arthur at the University of Phoenix at 252-3044, Monday-Friday, 7:30 a.m.- 4 p.m. Register now! Classes start April 0.75

Kim Arthur
University of Phoenix
Program Coordinator/Sasebo Japan
<Kim.Arthur@phoenix.edu>

Phone: 252-3044 Fax: 252-3043 comm: 011-81-956-50-3044 commfax: 011-81-956-50-3043

NDTA SCHOLARSHIP

The Honshu Chapter of the National Defense Transportation Association (NDTA) will award between four and eight scholarships, in amounts of \$250 - \$1,000 to mainland Japan high school seniors graduating in 2005. All DoDDS high school guidance counselors in mainland Japan have the scholarship package. The deadline for submission is May 13, 2005.

What's happening?

NMCRS is looking for volunteers

Receptionist Wanted

Have you ever wanted to work for an organization whose whole purpose is helping others? Volunteering for the Navy Marine Relief Corps Society is an excellent way to build new skills and to gain the satisfaction of serving others.

Opportunities include:

Serving as the first point of contact with clients, helping to

assess needs and to matching potential programs to satisfy those needs

Working with others in a warm, friendly environment.

Setting your own hours, flexible days and hours available

Building new skills or keep current on the skills you currently possess.

Child-care and travel reimbursement provided.

Caseworker Wanted

Are you good at searching for clues and solving puzzles? The Navy Marine Relief Corps Society has a volunteer opportunity may be for you. (You will even be able to answer the age-old question: "What in the world does my LES say anyway?")

Opportunities include:

Helping to gather all relevant information and creating budgets (The puzzle part) Searching for solutions for financial difficulties (The detective part)

Knowing at the end of the day that you have helped out (The satisfying part) If the above three are not enough, casework is an excellent resume builder. You will also meet new people and have a chance to challenge yourself intellectually.

Child-care and travel reimbursement provided. Confidentiality required.

Contact: Jessica Grant at 252-3366, or by E-mail at rmcrs@cfas.navy.mil.

Birth Announcements

A service of your FFSC New Parent Support and Sasebo Soundings

Catherine Christine Louise Garrity

Born at 1:53 p.m. on Jan. 4 in Dr. Higashijima's Ladies Clinic to Mother, Deanna Garrity, and Father, LCDR William Garrity. COMPHIBRON 11 Staff. Catherine weighed 6 pounds 8 ounces at birth. Both siblings, Emily and Will are excited about their new baby sister.

Ashlie Jeanette Raymond

Born at 11:35 p.m. on Jan. 24 in Yokosuka Naval Hospital to Mother, Evelyn M. Raymond, and Father, PO2 Donald F. Raymond of USS Essex (LHD-2). Ashlie weighed 8 pounds 8 ounces at birth. Big sister, Alexiss Ayana, is a big help to mom in taking care of the baby.

Tia Sakura Wages

Born at 10:37 p.m. on Dec. 10 at the Araki OBGYN Clinic to Mother, Misuzu Araki Wages, and Father, MN2(SW) David Wages of USS Patriot (MCM-7). Tia Sakura weighed 7 pounds 4 ounces at birth. Mom and Dad are excited about their first child.

Andrew James Markham

Born at 4:48 p.m. on Nov. 5 in Dr Higashijima's Ladies Clinic to Mother, Nicole Markham, and Father, MN3 Tim Markham. Andrew weighed 7 pounds 5 ounces at birth. Andrew is also a first born.

Congratulations to these proud parents and welcome to these wonderful new additions to our Sasebo Navy family. See LaDonna Kolman, FFSC New Parent Support Nurse, to have your baby's birth announced in Sasebo Soundings.

PTO Note

The E. J. King High School Parent Teacher Organization (PTO) invites all families of E. J. King students in grades seven through 12 to join, work together, get involved and help support the E. J. King High School community. In the upcoming months, there will be officer position vacancies that need to be filled. For more information, contact E. J. King High School at 252-3059, Ms. Eva Dugas, or Ms. Christel Breeze.







Fleet Gym 252-3588

Hario Gym 252-8691



March madness at Fleet Gym: Outlaws triumph, 64-54

JOSN Jeff Johnstone

CFAS Public Affairs

The Outlaws lit up the Fleet Gym Tuesday, March 8, scorching the Wolfpack, 64-54 in the process.

Aside from the opening two minutes of the game, the Outlaws were on top of their game, providing their usual brand of entertaining play with aggressive defense and smart ball handling.



An Outlaw player (background) is all smiles as he watches his teammate polish off a fastbreak with a layup in the second half. The Outlaws defeated the Wolfpack, 64-54. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Tyson Huff led the Outlaws with an unheard of 31 points, leaving the Wolfpack looking more like a pack of old, toothless lions on defense.

Eric Raby had his share of highlights, chalking up 18 points for the game. Greg Hill and Antonio Moore both scored six points each.

The Wolfpack opened the game with a 4-0 lead, and kept the game competitive until midway thriough the first half. Eric

Raby, who led the Outlaws in first half scoring and Tyson Huff would then combine for 26 of the Outlaws 36 first half points, turning the contest into the Raby-Huff basketball clinic. The Outlaws led at the half, 36-24.

The Outlaws defensive strategy was constant backcourt pressure. The Wolfpack had to work for every pass they made, from one end of the floor to the other. Turnovers were commonplace. It was a good strategy, and it worked for the Outlaws.

To their credit, the Wolfpack found the holes in the Outlaw defense, however the shots just weren't falling. Dominic Raigoza led the Pack with eight points in the first half. Michael Bauer and Jimmy



An Outlaws player (right) drives past a Wolfpack defender. He recently returned to the Outlaws to provide speed at the guard position. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Carter led the Pack in scoring for the game with 14 points apiece.

The Pack also experienced some foul trouble. That can happen when you fall behind. It's natural to become overly aggressive on defense. The downside to that, is you end up landing your opponents behind the foul line for two free shots.

The Outlaws cashed in on their free throw opportunities, an important reason for their victory.

The Outlaws didn't let up the backcourt pressure in the final minutes, preventing any Wolfpack comeback.

With the victory, the Outlaws

improve their record to 14-5, and are now tied for first place for the season with the Showtime (13-4). The Wolfpack drop to

4-8, just one floor up from the cellar.



An Outlaw player goes airborne on the game's final play, landing an impressive buzzer beater. He had a circus-like performance, leading all players in scoring with 31 points. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Fitness Tip: Q & A on Ab training

Alec Culpepper

Fitness and Aquatics Director

Should I train my abs every day and how much do I need to work them?

No. You should treat your abdominal muscles like any other muscle group, which means you shouldn't train them

Friday and Saturday, March 11-12

Upcoming Sports

March Madness 5-on-5 Basketball

Start Time Friday 5:30 p.m. and Saturday 9 a.m.

Team entries due to the Fleet Fitness Center

Office by March 8. Double Elimination, 5-On-5

Tournament. Awards to top three Teams along

with First Team Individual, MVP and

Event will be held at the Fleet Fitness Center

every day. Your abs, like other muscle groups, need recovery time between workouts.

As with any resistance training exercise, you ideally want the last few repetitions to be difficult to complete. Performed correctly, ten to 25 reps for one to three sets of abdominal exercises provide more than adequate training stimulus. If you can

perform more than 25 reps of an abdominal exercise, you are most likely performing the reps too rapidly or with improper form. You can increase the intensity of abdominal exercises by using resistance or performing the exercises on a slant board or exercise ball so that your head is at a lower elevation than your legs.

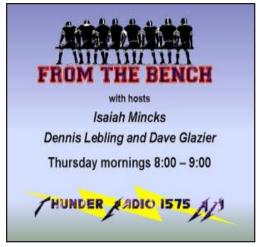
March Madness 5K Results:

Mark Bote EJK
 18:55 1st
 David Heitstuman EJK
 19:12.40 2nd
 Aaron Scrimmager SRF
 19:12.90 3rd

Women

1. Jessica Austin CFAS
22:07 1st

2. Candiss Deagl EJK
26:18 2nd



100,000 Steps

Hario Fitness Center

Sportsmanship Awards

March 1– April 30. Participants need to use a pedometer to daily log their steps during the day. Pick up a log card at the fitness center to enter your steps (it only takes 1,640 steps per day to win). A coupon book good at MWR facilities will be given to the winners.

Flag Football Standings Winter Basketball Standings Wins Wins Rank Losses Rank Losses 1 Showtime 13 1 Dragons 20 2 2 Hooligans 2 Outlaws 14 5 9 10 3 Wolfpack 4 8 3 Guardian 6 4 4 Seabees 4 Hitmen 2 9 4 12